

Navy Nutrition Healthy Recipe Contest

Warm up your microwaves. Navy is searching for the best original recipe for the 1st Annual Healthy Recipe Contest. Now through 31 March 2013, service members may submit an original recipe containing at least one key healthful ingredient and prepared within the confines of unaccompanied housing.

Think healthy takes a lot of work or can't taste good?

We want to find those of you who see things differently and doing things well. Share your recipe and contribute to a collection of great meals with limited preparation and ingredients.

1. **Recipe Contest Goal:**

The goal of the contest is to develop a collection of easy, delicious and nutritious recipes and recognize creative ways Sailors around the fleet are making healthy nutrition choices easy. So, how do you eat healthfully while living in bachelor quarters with limited storage space and cooking options? Recipe contributions will be organized in an online cookbook to provide barracks-dwellers fast, easy-to-prepare foods that will meet their nutrition needs, are economical and leave you feeling great.

2. **Who can enter?**

Any active duty or reserve Navy personnel.

3. **How do I enter?**

Fill out the Entry Form certifying that the recipe is an original recipe and email to NavyPRT@navy.mil not later than 2359 Eastern on 31 March 2013.

- a. Your recipe must be original and must
 - i. have five (5) different ingredients or less (not counting herbs/spices, salt and pepper, water, oil, or non-stick cooking spray). (A bag of salad contains multiple vegetables but would count as one (1) ingredient.)
 - ii. use five (5) or fewer containers (bowls, dishes) or utensils (spoons/spatulas) to prepare.
 - iii. be prepared in five (5) steps or less
 - iv. be prepared in 30 minutes or less (preparation and cooking time).
 - v. include a photo of the prepared item
- b. If the recipe requires heating or cooking, it must include microwave directions.
- c. Recipes will be accepted in seven (7) categories:
 - i. Breakfast
 - ii. Sandwich/wrap
 - iii. Vegetable
 - iv. Starchy side
 - v. Snack
 - vi. Main Course (Entrée)
 - vii. Sweet Treat
- d. Nutritional guidelines to keep it healthy. For more information go to www.choosemyplate.gov
 - i. Ingredients: Must include at least one or more of the following:
 1. Fruit
 2. Vegetable
 3. Whole grain (whole grain pasta, whole wheat bread)
 4. Lean protein (chicken, fish, tofu, shrimp, beans, eggs)
 5. Low-fat dairy (1% or non fat milk, low fat yogurt)

- ii. Nutrition profile. Goal is to limit highly processed foods which may be high in added sugar, salt and fat. Guidelines align with standards established in the Go for Green[®] stop light food identification program.
 - 1. Single item entrée (such as chicken breast): 300 Calories; 10 grams fat; 480 mg sodium
 - 2. Full entrée (such as a sandwich or casseroles): 500 calories; 18 grams fat; 800 mg sodium
 - 3. Starch side (potato, rice, pasta); 200 calories
 - 4. Vegetables: 100 calories
 - 5. Sweet treat: 150 calories; 6 grams fat
- iii. How to figure out nutrition profile. Add the amount of calories, sodium and fat for all ingredients and divide by the number of servings the recipe makes. You may use the USDA food database for individual ingredients at <http://ndb.nal.usda.gov/> or product packages and websites.
- e. Each recipe may only be submitted once, but enter as many times as you like with different recipes. Entries will be accepted at NavyPRT@navy.mil between 0001 on 01 March 2013 and 2359 Eastern time on 31 March 2013.

4. Judging

- a. Judging will be on:
 - i. Creativity of recipe name
 - ii. Simplicity of recipe
 - iii. Taste
 - iv. Appearance
- b. Judges have the option of disqualifying any recipe previously published, such as but not limited to those in cookbooks, in magazines, from food companies, on food blogs or recipe websites and winners in cooking contests. Finalists will be required to certify, on information or belief, that their recipes are their original creation and have not been published or publicized and have not previously won a cooking contest.
- c. Final judging will be done by a panel of barracks residents and food experts. Decisions of the judges are final in all matters relating to this contest.

5. Disclaimer

- a. Contest entry grants Navy Nutrition the right to publish, use, adapt, edit and/or modify the recipe included with the entry in any way, in any and all media worldwide, without limitation.

**NAVY NUTRITION RECIPE CONTEST
ENTRANT DATA FORM
Contest Year 2013**

Individual Name: _____ Rank/Rate _____

Organization: _____

Command Address 1: _____

*Command Address 2: _____

City / APO / FPO: _____ State: _____ Zip-Code: _____ - _____

Work Phone Number: DSN: _____ Commercial: _____

Work E-mail address: _____

I understand that my name and duty station assignment information may appear in a publicly released news story.

I certify, on information or belief, that this recipe is an original creation and I am not submitting a published or publicized recipe. I certify that I have not previously won a cooking contest using this recipe. I further certify that this entry meets the criteria established in rules outlined for Navy Nutrition Healthy Recipe Contest. I certify that, to the best of my knowledge, this recipe has not been previously published, in cookbooks, in magazines, by food companies, on food blogs or recipe websites or by winners in other cooking contests.

Signature of Applicant (must be signed) _____

*If PCS is anticipated prior to May 2013, please include new unit address.

Recipe Name: _____

Category:

- ☐ Breakfast
- ☐ Sandwich/wrap
- ☐ Vegetable
- ☐ Starch side
- ☐ Snack
- ☐ Main Course (Entrée)
- ☐ Sweet Treat

Recipe Ingredients:

Recipe Directions:

Step 1 _____
Step 2 _____
Step 3 _____
Step 4 _____
Step 5 _____

Nutrition Analysis: **Calories** _____ **Fat** _____ g **Sodium** _____ mg